


## Post-training Quiz for Lay Health Workers

 **INSTRUCTIONS:** Please tick either TRUE or FALSE for each statement.


<b>Full name of health worker:</b>	
<b>Date:</b>	
<b>Score:</b>	<b>/60</b>

STATEMENT	TRUE	FALSE
1. Behaviours are a response to both the internal (example: brain functioning) and external environment (example: stressful environment).	<input type="checkbox"/>	<input type="checkbox"/>
2. Mental illnesses are due to specific abnormalities in the functioning of the brain.	<input type="checkbox"/>	<input type="checkbox"/>
3. A good explanation for mental illness is an interaction between genes and negative events.	<input type="checkbox"/>	<input type="checkbox"/>
4. Individuals suffering from mental health problems are at increased risk of developing substance use/dependence.	<input type="checkbox"/>	<input type="checkbox"/>
5. Stress has a limited impact on the occurrence of mental illness.	<input type="checkbox"/>	<input type="checkbox"/>
6. Persons suffering from a mental illness cannot learn how to manage their stress levels in an effective manner.	<input type="checkbox"/>	<input type="checkbox"/>
7. Sharing coping strategies, such as relaxation techniques, positive self-talk, exercising regularly etc, with patients can help them manage their stress levels.	<input type="checkbox"/>	<input type="checkbox"/>
8. Depression is a sign of weakness.	<input type="checkbox"/>	<input type="checkbox"/>
9. Physical complaints such as headache, upset stomach and dizziness are very common among people suffering from depression.	<input type="checkbox"/>	<input type="checkbox"/>
10. Asking the patient about suicidal ideas introduces the idea in the patient's mind.	<input type="checkbox"/>	<input type="checkbox"/>

11. If a patient has suicidal ideas, it is essential to estimate the degree of risk.	<input type="checkbox"/>	<input type="checkbox"/>
12. The exact reasons for developing schizophrenia are not known.	<input type="checkbox"/>	<input type="checkbox"/>
13. No one can completely recover from schizophrenia.	<input type="checkbox"/>	<input type="checkbox"/>
14. With treatment, most people with schizophrenia will be able to have adequate control over their symptoms and to live in their homes.	<input type="checkbox"/>	<input type="checkbox"/>
15. Clinical functioning, social functioning, work performance and quality of life are all important aspects of recovery for people suffering from mental illness.	<input type="checkbox"/>	<input type="checkbox"/>
16. Bipolar Disorder is characterized by an abnormal fluctuation of mood (i.e. periods of elevated or irritable mood and periods of depression)	<input type="checkbox"/>	<input type="checkbox"/>
17. Once a person initiates treatment with psychiatric medication, they must take them their whole life.	<input type="checkbox"/>	<input type="checkbox"/>
18. It may take a few days to two weeks for the patient to start feeling better after starting medication for the treatment of a mental health problem.	<input type="checkbox"/>	<input type="checkbox"/>
19. Anti-psychotic and anti-depressant medications are addictive.	<input type="checkbox"/>	<input type="checkbox"/>
20. Psychiatric medications can have important side-effects but this has no impact on medication adherence.	<input type="checkbox"/>	<input type="checkbox"/>
21. It is a great challenge to get individuals to continue with their recommended treatments for the required periods of time.	<input type="checkbox"/>	<input type="checkbox"/>

22. Temporary non-adherence with <i>anti-psychotic medication</i> does not have a significant impact on the patient and does not cause relapse.	<input type="checkbox"/>	<input type="checkbox"/>
23. Relapse is defined as the return of symptoms to an extent that is problematic and distressing for the person.	<input type="checkbox"/>	<input type="checkbox"/>
24. If a patient suffering from schizophrenia does not have any symptoms for a few days, he/she is said to be <i>in remission</i> .	<input type="checkbox"/>	<input type="checkbox"/>
25. The most important way in which a possible relapse can be identified is through early signs that 'something is not right'.	<input type="checkbox"/>	<input type="checkbox"/>
26. Disasters, such as riots, ethnic conflicts, earthquakes or floods affect the entire community.	<input type="checkbox"/>	<input type="checkbox"/>
27. Everyone who experiences or witnesses a disaster will develop post-traumatic stress disorder.	<input type="checkbox"/>	<input type="checkbox"/>
28. Expecting people to have normal emotional reactions is essential when providing psychosocial care to survivors of a disaster or individuals who have witnessed traumatic events.	<input type="checkbox"/>	<input type="checkbox"/>
29. Psychological or physical trauma can worsen a mental health problem that was already present.	<input type="checkbox"/>	<input type="checkbox"/>
30. The foremost task of a Lay Health Worker is to meet and interact with individuals suffering from mental illness and their families.	<input type="checkbox"/>	<input type="checkbox"/>
31. The counseling process aims at making the person become more aware of him/herself, to accept his/her weaknesses, and to identify his/her strengths.	<input type="checkbox"/>	<input type="checkbox"/>

32. A good counselor should be able to tell patients and families what to do and how to act.	<input type="checkbox"/>	<input type="checkbox"/>
33. During an encounter with a patient, allowing and accepting silences can be beneficial.	<input type="checkbox"/>	<input type="checkbox"/>
34. A Lay Health Worker is not suitable for the task if he/she experiences changes in his/her behaviour such as sleep, irritability, excessive crying, etc.	<input type="checkbox"/>	<input type="checkbox"/>
35. The process by which the patient and the family are given an explanation about what the illness is termed "therapy".	<input type="checkbox"/>	<input type="checkbox"/>
36. Therapeutic alliance is the relationship between a mental health care provider (like you as a LHW) and an individual.	<input type="checkbox"/>	<input type="checkbox"/>
37. Psychosocial rehabilitation aims to restore the patient's ability to function in the community.	<input type="checkbox"/>	<input type="checkbox"/>
38. Given the high rate of preventable premature deaths in people with mental illness, it is important to promote healthy habits such as tobacco cessation and physical activity.	<input type="checkbox"/>	<input type="checkbox"/>
39. In many families, there is generally one key person who takes major responsibility for the patient, called the Primary Care Giver.	<input type="checkbox"/>	<input type="checkbox"/>
40. Stigma consists of three-related problems: ignorance, prejudice and discrimination and is an important obstacle to the provision of mental health care.	<input type="checkbox"/>	<input type="checkbox"/>

 **INSTRUCTIONS:** Please tick the correct answer for each statement.

STATEMENT	TICK THE CORRECT ANSWER			
41. While working In the community all the following are important except:	Doe's and Don'ts <input type="checkbox"/>	Feedback <input type="checkbox"/>	Basic knowledge of the community <input type="checkbox"/>	Drug distribution <input type="checkbox"/>
42. The basic job of LMHW is the following <u>except</u> :	Tentative Mental Health Status assessment. <input type="checkbox"/>	Counselling <input type="checkbox"/>	Prescribing good medicines <input type="checkbox"/>	Village survey <input type="checkbox"/>
43. Which of the following psychiatric disorder is the most common in the community:	Depression <input type="checkbox"/>	Schizophrenia <input type="checkbox"/>	Mania <input type="checkbox"/>	Drug abuse <input type="checkbox"/>
44. Vulnerability means:	Fear of an illness <input type="checkbox"/>	A wealthy status <input type="checkbox"/>	Increased chances of getting a disease <input type="checkbox"/>	No chance to get a disease <input type="checkbox"/>
45. While counseling a patient for depression the following is essential to be taken care of :	Sleep problems and irritability <input type="checkbox"/>	Fears, tiredness and fatigue <input type="checkbox"/>	Dietary care and relaxation <input type="checkbox"/>	All of the above <input type="checkbox"/>
46. The alphabetical model of Community Mental Health Care is:	An ideal way to work in the community <input type="checkbox"/>	It is a confusing model <input type="checkbox"/>	It is a difficult model to follow <input type="checkbox"/>	It does not exist <input type="checkbox"/>

47. Tobacco abuse is:	An important public health problem <input type="checkbox"/>	Cause of great economic loss <input type="checkbox"/>	Classified among mental disorders <input type="checkbox"/>	All of the above <input type="checkbox"/>
48. While attending community health camps:	We never attended a camp <input type="checkbox"/>	We saw no patients <input type="checkbox"/>	We saw only one patient <input type="checkbox"/>	We saw multiple patients with health problems <input type="checkbox"/>
49. The following are warning signs of suicide:	Remaining aloof <input type="checkbox"/>	Thinking of death <input type="checkbox"/>	Planning self-harm <input type="checkbox"/>	All of the above <input type="checkbox"/>
50. The ideal approach for suicide control is :	Preventive measures <input type="checkbox"/>	Drug therapy <input type="checkbox"/>	Referral to psychiatrist <input type="checkbox"/>	Post mortem <input type="checkbox"/>
51. The Public Mental Health Model is:	Sarah – Steward Model <input type="checkbox"/>	Abraham Maslow Model <input type="checkbox"/>	Sigmund Freud Model <input type="checkbox"/>	None of the above <input type="checkbox"/>
52. Which of the following mental health treatment services are available in Ganderbal district:	A separate Government Hospital admission facility <input type="checkbox"/>	A regular Govt. Hospital OPD facility <input type="checkbox"/>	A private Mental Disorder Treatment centre <input type="checkbox"/>	None of the above <input type="checkbox"/>
53. What is the approximate population of Ganderbal district?				
54. How many tehsils are in Ganderbal district?				

<p>55. How many villages are in Ganderbal district?</p>	
<p>56. What is the name of your village/town and what is the population?</p>	
<p>57. How many mentally unwell persons do you know in your locality?</p>	
<p>58. What does ASHA worker mean?</p>	
<p>59. What does ICDS worker mean?</p>	



60. What does LMHW mean?